

Household Commodity Fact Sheet

**ASPARAGUS, FROZEN**

Date: April 2009

Code: A054

PRODUCT DESCRIPTION

- Frozen asparagus is U.S. Grade A that is cut into tips and pieces.

PACK/YIELD

- Frozen asparagus is packed in 2 ½ pound bags, which is about 10 servings (½ cup each) after cooking.

STORAGE

- Store unopened asparagus in the freezer at 0 degrees F or below until ready to use.
- Store opened, thawed asparagus in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Add frozen asparagus to ½ cup boiling water in a saucepan. After water boils again, reduce temperature. Cover and cook over low heat until tender.
- Serve soon after heating.
- Do not overcook.

USES AND TIPS

- Serve frozen asparagus as a side dish with meat, poultry, or fish.
- Add flavor to frozen asparagus during cooking by adding lemon juice, olive oil, herbs, or spices.
- Add frozen asparagus to soups, casseroles, and salads.

NUTRITION INFORMATION

- ½ cup of frozen asparagus counts as ½ cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of frozen asparagus provides more than 30% of the daily recommended amount of vitamin C.

FOOD SAFETY INFORMATION

- DO NOT thaw frozen food on countertops or at room temperature.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (90g) frozen asparagus, boiled and drained

Amount Per Serving

Calories	20	Calories from Fat	0
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% Daily Value*

Total Fat 0g	0%
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Saturated Fat 0g	0%
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Trans Fat 0g	
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Cholesterol 0mg	0%
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Sodium 0mg	0%
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Total Carbohydrate 2g	1%
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Dietary Fiber 1g	6%
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Sugars 0g	
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Protein 3g	
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Vitamin A 15%	Vitamin C 35%
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Calcium 2%	Iron 2%
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*Percent Daily Values are based on a 2,000 calorie diet.

SPRING VEGETABLE SKILLET**MAKES ABOUT 4 SERVINGS****Ingredients**

- 1 teaspoon vegetable oil (or olive oil)
- ½ cup onion, sliced
- 1 garlic clove, chopped
- 4 small red potatoes, quartered
- ¾ cup sliced or canned carrots, drained
- ¾ cup frozen asparagus
- ¾ cup canned green beans, drained
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon dried dill (if you like)

Directions

1. Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute.
2. Stir in potatoes and carrots. Cover, turn the heat to low, and cook until almost soft, about 4 minutes.
3. If the vegetables start to brown, add one or two tablespoon of water.
4. Add the asparagus, green beans, salt, and pepper. If using dill, add that too. Cook, stirring often, until just soft—about 5 minutes more.

Nutrition Information for 1 serving (1 cup) of Spring Vegetable Skillet

Calories	160	Cholesterol	0 mg	Sugar	4 g	Vitamin C	29 mg
Calories from Fat	10	Sodium	170 mg	Protein	5 g	Calcium	45 mg
Total Fat	2 g	Total Carbohydrate	33 g	Vitamin A	215 RAE	Iron	2 mg
Saturated Fat	0 g	Dietary Fiber	5 g				

Recipe provided by SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

ASPARAGUS SOUP**MAKES ABOUT 6 SERVINGS****Ingredients**

- 1 large potato, peeled and chopped
- 6 cups low sodium chicken broth
- 1 pound frozen asparagus
- ½ cup canned carrots, drained and chopped
- ½ cup celery, chopped
- 2 cloves garlic, crushed
- 1 tablespoons dried Italian seasoning (if you like)
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Directions

1. Place potato and broth in a large saucepan. Cover and heat on low for 15 minutes.
2. Add asparagus, carrots, celery, garlic, salt, and pepper, and cook for 5-10 minutes, or until vegetables are soft. If using Italian seasoning, add that too.
3. Spoon into bowls and serve immediately.

Tip

If you like, mix in a blender until smooth before serving.

Nutrition Information for 1 serving (1 cup) of Asparagus Soup

Calories	80	Cholesterol	0 mg	Sugar	1 g	Vitamin C	29 mg
Calories from Fat	0	Sodium	220 mg	Protein	5 g	Calcium	35 mg
Total Fat	0 g	Total Carbohydrate	17 g	Vitamin A	125 RAE	Iron	1 mg
Saturated Fat	0 g	Dietary Fiber	3 g				

Recipe adapted from www.Recipezaar.com.